



Student Wellness Program

Excelling in college begins with taking care of yourself and your loved ones. The University Of Arizona now offers **FREE** access to mental health counseling and wellness services that can be accessed from **ANYWHERE!**

THERE ARE 3 WAYS TO ACCESS THIS PROGRAM



CALL 1-833-251-9941

Licensed professional counselors (LPC) are available to talk to you anytime- 24/7! They can help address any urgent concerns or they can help connect you to a local LPC counselor in your area.

Referrals and counseling sessions are FREE for University of Arizona students!



[UA Extended Campus Launchpad](#)

D2L: LAUNCH PAD

Check out the new Student Wellness module in the UA Extended Campus Launch Pad course! You can find articles and resources about all the facets of staying well and feeling your best. Learn about stress and time mismanagement, mental health, nutrition & healthy living, child care or elder care, legal assistance, and much more!

Log into Launch Pad @ d2l.arizona.edu



DEAN OF STUDENTS

The UA Student Assistance team helps students and their families manage crisis, life traumas, and other barriers that may impede success. The DOS support student needs in such areas as physiological health, physical health, victimization, relationship issues, social adjustment, and academics through a variety of interventions, referrals, and follow up services.